



November/December
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Manchester VAMC



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Voice of the Veteran



My CPAP Has Changed My Life!

By: Chief Warrant Officer Rob Reckert

I was a military pilot, having flown the AH-64D Apache Longbow Helicopter in combat with the 101st Airborne Division and the HH-60M Blackhawk with the Massachusetts and New Hampshire Army National Guard. As a rule, pilots generally won't see the Flight Surgeon for fear of being grounded and giving up the profession they love so much. I was no different.

I was a heavy snorer and would often stop breathing in my sleep. For years this would wake my wife up who would check on me, only for me to start breathing again.

After much deliberation, the time came to retire from the National Guard, and my wife convinced me to schedule a sleep study. The sleep study was difficult, but I pulled through and I was diagnosed with Obstructive Sleep Apnea. After diagnosis, I received my CPAP machine and my life changed. I used to sleep for 10 hours and when I woke, I never felt rested. I now sleep 8 hours a night and wake in the morning, literally feeling ten years younger.

I know that the breathing mask is difficult to get used to. For me it took a few weeks and now I can't imagine sleeping without it. I even take it with me when I travel. There are endless studies showing the long term health benefits of using the CPAP machine. If you made it through the sleep study, you can get used to the mask.

Lung Cancer Awareness Month

Screening for Lung Cancer

Lung cancer is the leading cause of cancer death in the United States. Lung cancer begins when abnormal cells in the lung grow out of control. Unfortunately, many times lung cancer does not cause symptoms until it has spread to other parts of the body. However, the most common type—non-small cell lung cancer—can sometimes be cured if it is found early enough.

Should I be screened for lung cancer?

- You should consider being screened if you have all three of these risk factors:
55–80 years old **and**
- A current smoker or a former smoker who quit less than 15 years ago **and**

- A smoking history of at least 30 pack-years (this means 1 pack per day for 30 years or 2 packs a day for 15 years, etc.). The more you smoke and the longer you smoke, the higher your risk for lung cancer.



Resources to Quit Smoking

Counseling:

Ask your primary care provider for a consult to speak one on one with a behavioral health coach or to attend the smoking cessation support group in mental health.

Medications:

Tobacco contains nicotine, a highly addictive chemical. When you stop using tobacco, you'll likely experience withdrawal symptoms, which can include irritability, anxiety, depression, hunger, restlessness, insomnia, and cravings.

Using FDA-approved medications can help you manage nicotine withdrawal symptoms and cope with the urge to smoke. You have

the best chance of success when you combine counseling with smoking cessation medications.

Consult your VA health care provider to decide which type of medication, or combination of medications, will work best for you.

These medications include:

- Nicotine patch, gum, and lozenges
- Bupropion (Zyban®)
- Varenicline (CHANTIX®)

Mobile Coach:



Caregiver Support Month

Caregiver Support:

The Caregiver Support Program Coordinator is available to assist Caregivers with connecting with a wide-range of services and support both within the VA and within the community to assist them with providing the best care to the Veteran.

A Caregiver is someone who provides personal care services for a Veteran. These nonprofessional services could include assistance with activities of daily living like personal hygiene or providing supervision to ensure the safety of the Veteran.

A Caregiver can be a spouse, significant other, adult child, parent, family member or friend.



Caregiver Services

VA offers a number of services that can provide you with the support that's right for you. Whether you and the Veteran you care for could use some help at home or you just need someone to listen, we're here to support you. Follow the link to learn more about the variety of services available to Family Caregivers.

Services for Family Caregivers of Post-9/11 Veterans:

If you are the Family Caregiver of a Veteran who was injured post-9/11, you may be eligible for additional services through VA, including a stipend, comprehensive training and medical coverage through VA if you are not already covered by a plan. Follow the link to learn more about the services and to see if you are currently eligible.



Caring for our Caregivers:

Please join us on November 3rd for the Caregiver Support Wellness day. This will be held in the Solarium (basement, next to physical therapy) from 0900-1200.

Please contact Polly Bernard to register or learn more about services.
(603) 624 4366 x2524

Homeless Veterans Community Employment Services:

VA is dedicated to helping homeless Veterans and Veterans at risk of homelessness secure and maintain employment leading to increased residential and personal stability. Our goal is to afford Veterans the opportunity to return to healthy, productive lifestyles within their own communities.

VA created Homeless Veterans Community Employment Services (HVCES) to improve employment outcomes for Veterans who have experienced homelessness. HVCES has deployed more than 150 Vocational Development Specialists who serve as Community Employment Coordinators (CECs), at most VA Medical Centers across the country. CECs are part of the VHA homeless program teams and are a bridge to community employment resources and employers ready to hire Veterans exiting homelessness. CECs benefit employers in the following ways:

- * Pre-screen Veterans with a variety of skill sets and from all educational levels
- * Refer job-ready Veteran candidates who are ready to work from day one for open positions
- * Help facilitate hiring and onboarding
- * Assist Veterans in applying their military experiences to civilian employment
- * Help in meeting diversity and inclusion goals

Who can get involved by receiving/offering help?

- * Veterans who are homeless or at risk of homelessness, and who are in need of assistance with employment, training, or education.
- * Employers wishing to hire Veterans.
- * Entities able to offer financial or other assistance.
- * Agencies able to offer transportation.
- * Agencies specializing in employment resources.
- * Institutes of higher education with Veteran-specific resources.



The Homeless Veteran Community Employment Program Manager:

MaryAnn Rees (603) 624-4366 Ext. 2780 MaryAnn.Rees@va.gov

Be Involved in your Healthcare

How can we save you time and money, while also keeping you safe?

By: Colleen Amerena, RN

You, as the patient are in integral part of your healthcare team. Therefore, your contributions are equally as important to keep you healthy!

There are important tasks that are expected for you to complete regularly to assist your Primary Care Provider (PCP) and his/her team to provide care to you. If you use a medical provider outside of the VA, you will need to be sure to keep all of these providers “well informed” about your healthcare. Communication is key! This is for your safety!

1. Always tell your VA PCP team which providers you are using outside of the VA and be prepared to provide names and contact numbers (phone and fax) so that we may contact them as needed.
2. Always ask your providers (VA and non-VA) to send their most recent office notes to the other provider for continuity of care. This allows each provider to update your charts with medications, vaccinations and diagnoses.
3. If you have completed any lab work (blood count, A1C, Cholesterol etc.) or diagnostic tests (colonoscopy, x-rays, CAT scans, MRI's Stress tests, etc.) be sure that the other provider received a copy of these tests results as soon as possible. This will cut back on duplication of services, and save you valuable time and money!
4. Be sure to inform your family/friends of your wishes, in case you cannot speak for yourself at some point in the future. This should be done by all adults, no matter what their age. If you have already completed an Advanced Directive, please provide a copy to your Patient Aligned Care Team (PACT). Or, if you wish to learn more about obtaining an advanced directive, you may request a “social worker consult”. Some examples are living will, durable power of attorney for healthcare/health care power of attorney, Do Not Resuscitate orders, and Physician Orders for Life-Sustaining Treatment.
5. Please update your contact information at every visit. Do not simply say “no changes”, because you don't know what we have in the chart unless you verify. Specifically, we need up to date, correct information such as mailing address, your preferred phone number to contact you, next of kin and emergency contact numbers.
6. If you wish for us to be able to discuss your medical care with another person, such as a spouse or sibling, it is REQUIRED that you complete a Release of Information/Info Sharing Document to grant your permission, and submit it to our medical records (ROI) department. Having a designated power of attorney (DPOA) does not meet this qualification, as a DPOA needs to be “activated” to be valid for info sharing.

Your Primary Care Team thanks you for being a part of your healthcare!!


Cornbread-Crusted Turkey

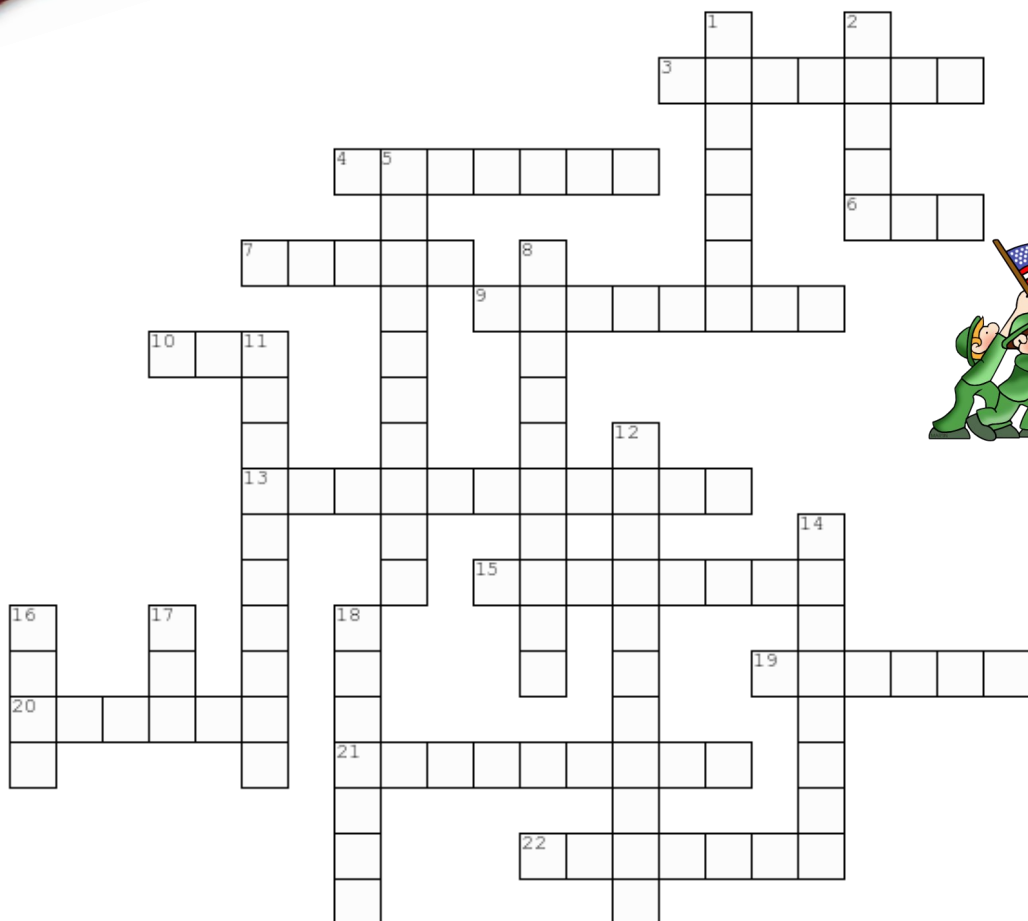
Prep time: 20 minutes

Cook time: 20 minutes

- 1 C low-fat buttermilk**
- 1 Tbsp. Dijon mustard**
- 4 skinless turkey fillets (3 oz each)**
- 4- by 4-inch square prepared cornbread (about 1 C crumbs)**
- 1 egg white (or substitute liquid egg white)**
- 1 C low-sodium chicken broth**
- 1 Tbsp. cornstarch**
- 1 lb. frozen baby carrots**
- 1 Tbsp. fresh sage, rinsed, dried, and chopped (or 1 tsp dried)**
- 1 Tbsp. butter**

- 1) Preheat oven to 350 °F.
- 2) Combine buttermilk and Dijon mustard. Mix well.
- 3) Add turkey fillets to buttermilk mixture to marinate for 5–10 minutes while preparing cornbread.
- 4) Grind cornbread in a food processor, or use your fingers to make coarse crumbs. Place breadcrumbs on a baking sheet, and dry in a 300 °F oven or toaster oven for 4–5 minutes. Do not brown.
- 5) Pour breadcrumbs into a dry, shallow dish. Put egg white in a separate bowl.
- 6) Remove turkey from the buttermilk, and dip each fillet first in the egg white and then in the cornbread crumbs to coat. Be sure to discard leftover buttermilk mixture and cornbread crumbs.
- 7) Place breaded turkey fillets on a baking sheet, and bake for 10–15 minutes (to a minimum internal temperature of 165 °F).
- 8) While the turkey is cooking, combine chicken broth, cornstarch, carrots, sage, and butter in a medium saucepan. Bring to a boil over high heat, stirring occasionally. Lower temperature to a simmer
- 9) Simmer gently for about 5 minutes, or until the butter is melted, the sauce is thick, and the carrots are warm.
- 10) Serve each 3-ounce turkey fillet with 1 cup of carrots and sauce mixture.

	yield:		each serving provides:	
	4 servings		calories	285
serving size:			total fat	6 g
3 oz turkey, 1 C carrots and sauce mixture			saturated fat	3 g
			cholesterol	48 mg
			sodium	420 mg
			total fiber	3 g
			protein	29 g
			carbohydrates	29 g
			potassium	378 mg



Created with TheTeachersCorner.net [Crossword Puzzle Generator](http://www.theteacherscorner.net/CrosswordPuzzleGenerator/)

Across

- 3. Aft deck of ship
- 4. Letter 'C'
- 6. Title given to a pilot who has shot down five or more enemy aircraft
- 7. Navy special forces
- 9. Another term for wall
- 10. Term of endearment for a Corpsman
- 13. Drinking fountain
- 15. Always Faithful
- 19. Tactical unit in Air Force
- 20. Vessel over 65' long
- 21. The first Marine unit was formed in Philadelphia at an inn called
- 22. The Few, The Proud

Down

- 1. Army term for bathroom
- 2. The Air Force has been tracking his man since 1955
- 5. Bird
- 8. Nickname for a submariner
- 11. Used to be a part of the dept. of transportation
- 12. Medal for being wounded in action
- 14. Red Sox slugger who was a pilot in WW2
- 16. Another term for bed
- 17. Platoon
- 18. Artillery unit equivalent to a company

Upcoming Events!

November:

6th- Voting information booth - Eagle Entrance

7th - Granite State Veterans Education Expo - Training and Education Room 1500-1730

8th - Legal Clinic : Tax refunds, general law, divorce, restraining orders, drivers license reinstatement - By appt, call - Diane Levesque VJO (603) 624-4366 x2296

9th - Live Broadcast for NH Today with Jack Heath at Manchester VA

9th - Veterans Canteen Service - Free Meals 

9th - Eligibility and Enrollment Day - 11am - 1400 Training and Education Room

11th - Happy Veterans Day

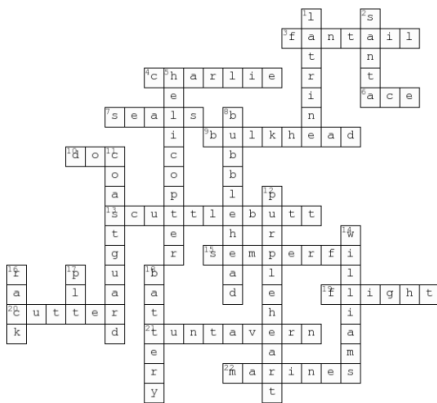
22nd - Happy Thanksgiving 



10/22- 11/16 Keeping Veterans Warm Coat Drive Drop off Voluntary Services

December:

25th - Merry Christmas 



ART CLASSES

FREE Veterans ART Program
Real Fun, Real Simple ~ 2 Art styles

1) **Come for the fun of it!**
Color in, pre-printed images
of your choice while learning
how to use color pencils!

OR

2) **Learn to Draw!**
Draw simple Objects or
beautiful Landscapes!



Flexible class allows you to drop-in any time on
Mondays, between 1:00-3:00.

Try it once or come weekly!
Any which way, come join the FUN!

Instructor: Elaine Farmer

Classes are held at the VA Medical Center
718 Smyth Road, Manchester

To register contact Dobra Krinsky, Voluntary Services @ 603-624-4366 x6419

Created by: Annie Duquette, RN Health Promotion Disease Prevention Program Manager

<https://www.manchester.va.gov/>

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